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A MATCH MADE IN SUMMER

BRING OUT THE BARBECUE AND GET GRILLING TO MAKE THIS MASTERPIECE CHICKEN DISH THAT'S TOPPED WITH A SEASONAL SALSA

PAGE 13

'It's been just spectacular'

London 'made history' with record attendance at Sunfest over the weekend, according to an event organizer PAGE 3

Lac-Mégantic a year later

Crowds packed a church in the Quebec town to remember the 47 people who perished following a train derailment PAGE 5

Fontana preps for sentencing

Trial. Ex-mayor gathering character references; his lawyer says a 'range' of people will support him in court

MIKE DONACHIE
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There's no shortage of people willing to speak up for Joe Fontana in court.

The former mayor's lawyer, Gord Cudmore, has revealed that more than 20 character references will be presented in court when Fontana is sentenced next week.

Character references are statements read in court that speak to the defendant's personality.

Fontana's due back in court July 15, to be given his punishment after being convicted last month on three charges: fraud under $5,000, breach of trust and uttering a forged document.

A lot of attention has been paid to the decision by Superior Court Justice Bruce Thomas and Fontana's time as an MP, when a $1,700 government cheque became entangled in the process of paying a deposit for the wedding reception for Fontana's son.

But Cudmore's looking to turn the spotlight back on the politician's three decades of public service.

"We're going to go in there sincerely," Cudmore said, when asked about his approach to the sentencing. "I'm taking the approach that I want to describe to the court who my client really is."

There's been a "very good" response from people who have been asked to help with that, by writing character references.

Cudmore was careful not to give away too many details but, when asked if those references are coming from public figures or more private citizens, he said it's "the whole range."

People have been eager to help, he said, and the final total of character references is going to be between 20 and 40.

"I can tell you that we have got a substantial number of letters," Cudmore said.

Fontana became London's mayor in 2010 and resigned after the conviction. He was a London MP from 1988 to 2006, including time as minister of labour in the minority government headed by Paul Martin.

BUTTONING UP FOR BUSINESS

From left, Jessie Shred, Mary Jansenberger and Cassandra Moorhouse, all from Salon Entrenous, are ready with buttons that show support for independent businesses as part of a movement sweeping through part of London. Story, page 4. MIKE DONACHIE/METRO

Fanshawe College is working out a deal to buy the Kingsmill's building on Dundas Street between Talbot and Richmond. MIKE DONACHIE/METRO

Concern creeping into optimism about Fanshawe's downtown plan

Kingsmill's deal. Area businesses worry that long-term boost in foot traffic will be overshadowed by years of construction

MIKE DONACHIE
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There's a long way to go before the core is transformed, businesses have said, as Fanshawe College keeps negotiating to buy the Kingsmill's building.

The deal, which could drastically change part of the core, was announced on June 27 at Fanshawe's new Centre for Digital and Performing Arts on Dundas Street. Fanshawe wants to move its entire tourism and IT schools into the core.

But now that the dust has settled, some businesspeople are mixing their hopes with concerns about the renovation period — up to three years — needed to turn Kingsmill's into a place for learning.

"I think the long term is going to be fantastic," said Chris McInnis, owner of Uber Cool Stuff, next door to Kingsmill's. "But I'm honestly quite concerned about the construction period, especially if Dundas were to be closed."

McInnis said having "more feet on the street" will make the core more vibrant, but he's seen only a small effect so far from the digital and performing arts building, which opened in January.

By the numbers

- **400.** Students and staff at Fanshawe's Centre for Digital and Performing Arts, which opened at 137 Dundas St.
- **1,600.** Students and staff who will move into the Kingsmill's building (130 Dundas St.) if the deal is finalized.
- **2,000.** Students and staff expected to be downtown once all plans are complete. That's double the estimates in Fanshawe's initial plan.

On the other side of Kingsmill's, at To Wheels bike shop, staff member Rob Sturdy said the same.

"Not a whole lot" was the way he summed up the Fanshawe effect so far, and he echoed the construction concerns and hopes for the future.

The change at Kingsmill's — where the retail store is due to close at the end of July — will come too late for Jambalaya, a restaurant across the street. Owner Kevin Greaves closed it last month to concentrate on a catering business.

"The existing restaurants, we haven't really seen anyone from Fanshawe," he said. "I think they mainly go to (Covent Garden) market."

Greaves said Jambalaya was "killed" by lean periods that were caused, in part, by the closure of nearby streets for events, construction and more. The area needs more foot traffic, he said, and the hope is that Fanshawe will bring it.

And that's what the college's communications manager, Elaine Gamble, is promising: The contribution to the core will be a "catalyst" for other economic factors, like new stores and businesses, that will help the area thrive.

"We really see it as a game-changer," Gamble said. "There are not many organizations and institutions that will have the capacity to bring this many people downtown.

"Fanshawe's one of them, and we believe in downtown."

Urn the appreciation of the police by helping an ID rise from the ashes

An unusual discovery has London police asking the public for help.

For almost two years, cops have been looking for the owner of an urn found under a vehicle in east London. They took the mystery public over the weekend after striking out in their internal search for answers.

Even the help of two cemeteries hasn't led to the owner, or any clue about who might be inside. Yes, it contains ashes.

Police wound up with the urn after a citizen found it and called for help in October 2012. It was in an underground parking garage at a highrise condominium complex at 860 Commissioners Rd. E., police said.

Anyone with any information is being asked to call the police at 519-661-5670.

MIKE DONACHIE/METRO

Police are looking for information about this urn. COURTESY LONDON POLICE

West London. Woman left in critical condition after motorcycle accident

A woman is in critical condition in hospital following a Friday crash in west London, police said.

London police are investigating the crash involving a single motorcycle with two riders.

The accident happened around 11:30 p.m. in the area of Guildwood Boulevard and Richmeadow Crescent.

A man was also taken to hospital, where he is listed in fair condition.

Anyone with any information is asked to call police at 519-661-5670 or Crime Stoppers at 800-222-8477.

MIKE DONACHIE/METRO

Sunfest at an all-time glow

'Overwhelming.'
Organizer thrilled with 20th anniversary event

MIKE DONACHIE
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Victoria Park's never seen anything like it, Sunfest's Alfredo Caxaj said.

The artistic director, who's watched the world music event grow over two decades, struggled for words to describe its 20th anniversary program. So, looking for ways to express himself, Caxaj used every superlative he could think of on Sunday.

"It's absolutely amazing, fantastic," he said. "It's overwhelming. We have established new records of attendance. It's been just spectacular."

It's tough to give a definite number for people who attend London's festivals, of course, because they can come and go from the park without being counted.

But Caxaj, who steered Sunfest to gaining an extra day for its 20th birthday, said Saturday night was something special.

"I think we had the biggest ever Saturday night in the history of the festival," he said Sunday. "We think that just yesterday alone over 75,000 people walked through the park. It's been magical."

The enthusiasm expressed in the crowd and on social media added to the atmosphere, he said.

"It's been phenomenal," Caxaj added. "We have made history this weekend in London."

In pictures

1 Conjunto Chappottín y Sus Estrellas

The Cuban performers Conjunto Chappottín y Sus Estrellas were among the musical attractions on Sunday afternoon ...

2 So you think you can dance

... And they had everyone dancing around their show on the Galaxie Stage, one of four stages in Victoria Park.

3 Too much to choose from ...

With 37 musical acts and more than 275 other attractions, from food to crafts, the crowd barely thinned between Thursday and Sunday.

4 After laughter comes siesta

But, for some people, the warm weekend just proved too much.

PHOTOS BY MIKE DONACHIE/METRO

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NDP. One-third of Ontarians want Horwath to quit, poll shows

One-third of Ontarians think NDP Leader Andrea Horwath should resign in the wake of her recent provincial election defeat, a new poll has found.

Horwath — for years the most popular political leader at Queen's Park, according to public opinion surveys — has watched her approval ratings slide since Premier Kathleen Wynne took office in February 2013.

Andrea Horwath THE CANADIAN PRESS

A new Forum Research poll suggests that trend is continuing after Wynne led the Liberals to a majority victory in the June 12 vote with the NDP remaining mired in third place behind the Progressive Conservatives.

Forum polled 810 people across Ontario and found 35 per cent believe Horwath, who triggered the election by announcing her party would no longer prop up the minority Grits, should step down as leader, while 43 per cent felt she should stay on and 21 per cent had no opinion.

"She's got a lot of rebuilding to do in terms of her personal image now," Forum president Lorne Bozinoff said.

The NDP chief faces a mandatory review in November and is under a lot of pressure to meet the traditional threshold of two-thirds' support to avoid a challenge to her leadership.

"I really think she did some damage to herself among her own supporters," said Bozinoff, noting Horwath's rejection of the minority Liberals' left-leaning budget on May 1 hurt the NDP in Toronto.

"They got nothing out of it. They don't have any more seats than they had going into the election," the pollster said.

TORSTAR NEWS SERVICE

Conservatives. Ontario Tories debate timing of naming new leader

The executive of Ontario's Progressive Conservatives is taking some more time to determine the timing of the party's upcoming leadership race.

The party brass met Saturday and decided to set up a committee to come up with a date for a leadership convention and the ground rules.

The committee will report back to the executive in August.

There are differing opinions in the Tory ranks about whether the party should have a relatively quick leadership convention next January or February or wait a year or longer to provide time to rebuild and work on new policies.

Sources say a group of grassroots Conservatives is urging the executive to wait as long as possible so potential candidates have a chance to look for support and test their fundraising abilities.

Interim PC Leader Jim Wilson, who was elected by the caucus as caretaker last week to replace Tim Hudak following the Tories' second election loss under his leadership, has said he'd like to see a convention held "sooner rather than later."

Supporters of deputy Tory leader Christine Elliott, the only declared leadership candidate so far, are pushing for a convention early next year.

A new Forum Research poll found Elliott is the early favourite to win.

The Whitby-Oshawa MPP, who finished third in the 2009 leadership contest won by Hudak, was at 25 per cent among the 287 Tory supporters polled.

Elliott was ahead of potential candidates Foreign Affairs Minister John Baird at 14 per cent, Nepean-Carleton MPP Lisa MacLeod at 11 per cent, Treasury Board president Tony Clement at seven per cent, Toronto Coun. Doug Ford at six per cent, and federal Transport Minister Lisa Raitt at three per cent.

Fifteen per cent of Tories preferred "someone else" and 19 per cent didn't know.

Other possible hopefuls include Nipissing MPP Vic Fedeli, Lambton-Kent-Middlesex MPP Monte McNaughton, Barrie MP Patrick Brown and CivicAction chair Rod Phillips.

THE CANADIAN PRESS WITH FILES FROM TORSTAR NEWS SERVICE

Everybody's looking at Richmond Row, where a new promotional campaign has begun. MIKE DONACHIE/METRO

Show your love for Richmond Row

Button campaign. Businesses ask customers to join in during a push to promote the area

MIKE DONACHIE
mike.donachie@metronews.ca

Londoners love to support independent businesses, Richmond Row's merchants say, and now there's a new way to show it.

"I support small business," the button says, with a heart and a declaration of love for Richmond Row.

The button campaign is part of a push to promote the area and its independent stores, restaurants and bars this summer, led by the Richmond Row Association. It comes as the festival season starts in earnest and as Richmond Row prepares to join the Downtown Business Improvement Area, which will link it with marketing and improvement schemes in the core.

"The Richmond Row merchants are really excited and very optimistic about our future," said Mary Jansenberger, who works at Salon Entrenous and is chair of the Richmond Row Association.

"We've got a big year ahead. The boundary expansion is coming from the Downtown BIA. We wanted a way to celebrate the Londoners who have supported us for so long.

"We were timing (the celebration) for the festivals that are happening in Victoria Park and asking people who are checking them out to come over here, too."

Summer celebration

- Richmond Row Celebrates You on Aug. 17 will have street performers, music and special offers from noon to 5 p.m.
- The businesses will each offer their own attraction, including special offers and demonstrations.
- In the evening, there will be a party in the newly renovated Jim Bob Ray's, with tickets for $5 each.

Stores and other businesses will take part in a big event on Aug. 17 that will highlight the area.

There are already 1,000 buttons on offer to people who visit many of Richmond Row's businesses. They were handmade by Jansenberger and The Grand Theatre's Kara James, and there's material to make another 4,000, if there's demand.

People are always ready to show their support for the area's small businesses, Jansenberger said.

"I feel Londoners are trying to be conscious shoppers more and more," she explained. "I feel like sometimes they don't know exactly where they should be going."

And Richmond Row "is a street of experts," she added.

Advocate to address House on prostitution

Megan Walker METRO FILE

The London Abused Women's Centre has an appointment at the House of Commons.

It's the only agency from London to be invited to speak to the House's Justice and Human Rights Committee about Bill C-36, which seeks to change the law on prostitution.

LAWC executive director Megan Walker will speak at the committee in Ottawa on Tuesday.

She, and others in the group, support the government's plan to criminalize the act of paying for sex and not hold those offering services criminally responsible.

The draft legislation comes after the Supreme Court struck down the existing prostitution laws in December.

Under the old laws, prostitution itself was actually legal but almost all related activities — including communicating in a public place for the purposes of prostitution, pimping and running a brothel — were criminal offences.

The Supreme Court was concerned that the provisions increased the risk to sex workers. METRO WITH FILES FROM THE CANADIAN PRESS

Lac-Mégantic remembers

One year later. Forty-seven people died when a train pulling tankers of oil derailed and exploded

Hours after a solemn procession passed the spot where tragedy struck Lac-Mégantic a year ago Sunday, crowds packed Ste-Agnes Church to remember the 47 people who perished when a runaway train derailed in the centre of town and exploded.

First responders who plunged in to fight the inferno that erupted after the train jumped the tracks were given a resounding round of applause when they entered the church Sunday in long lines.

Framed photographs of the victims were on display alongside bouquets of flowers at the front of the church, which sits not far from the crash site. In a poignant, personal touch, a baseball glove lay in front of one man's photo.

"How many times has the whole community of Lac-Mégantic impressed us, by its wisdom, and its capacity to lift itself up?" said Sherbrooke diocese Archbishop Luc Cyr, who presided over the service.

"You have given us a beautiful message of dignity and strength. Yes, there have been tears and great suffering but at the same time there has been overwhelming generosity and love."

In memoriam

"We will never forget the victims whose names are etched in stone."

Quebec Premier Philippe Couillard

AUGMENTED REALITY

→ Scan the photo with your Metro news app to see more pictures of the ceremony.

→ See the full instructions on Metro's Voices page.

Some of those tears were being shed Sunday by people gathered outside the church to watch the service as it was projected onto a big screen metres from the derailment site. A number of people sat on lawn chairs and dabbed at their eyes.

The Sunday service was the latest commemoration in a weekend of events to remember the tragedy. A moment of silence followed the ceremony and a monument to the victims in the form of a large granite book with their names inscribed was dedicated on the church's lawn.

Dignitaries including Gov.-Gen. David Johnston and Quebec Premier Philippe Couillard lay bouquets of flowers in front of the monument after attending the church service late Sunday morning.

Earlier Sunday morning, more than 1,000 people marched in solemn silence in the darkness after observing a moment of silence at 1:15 a.m. That was the exact moment on July 6, 2013, when the fuel-laden train derailed and exploded in a series of cataclysmic fireballs.

THE CANADIAN PRESS

A man touches a stone monument in front of Ste-Agnes church following a memorial service for the 47 victims of an oil-filled train derailment a year ago Sunday in Lac-Mégantic, Que. PAUL CHIASSON/THE CANADIAN PRESS

Calgary. Police ask for more tips on missing boy and grandparents

Police say a man who was questioned in connection with the disappearance of a five-year-old Calgary boy and his grandparents has been released. Calgary police say he remains a "person of interest" and several police units will continue to search a residence connected to him northeast of Calgary.

Investigators say that, given the size of the property, the search is likely to continue throughout Sunday and into Monday as they search for clues in the disappearance a week ago of Nathan O'Brien and his grandparents — Alvin and Kathy Liknes.

Acting on a tip police arrived at the property late Friday night and found a green Ford F-150 truck similar to one spotted in a video taken near the Liknes home. Police say they are trying determine if the truck, the property, or the man taken in for questioning are linked to the investigation.

Nathan and his grandparents disappeared on Monday. Police have said there was evidence of a violent incident in the Liknes' home.

Police say they want to hear from anyone who has any information regarding the whereabouts of the missing people or recognizes the pickup that was captured on video in the area of the grandparents' home.

THE CANADIAN PRESS

Nathan O'Brien and his grandmother Kathy Liknes are shown in a Calgary Police Service handout photo. Police continue to search for the missing boy and his grandparents. THE CANADIAN PRESS/CALGARY POLICE SERVICE

Michigan

15 saved from grounded boat

The U.S. Coast Guard says an overnight cellphone conversation with a 13-year-old girl led its crews to a pontoon boat grounded in the Grand River with 15 people, 13 of them deaf and four lacking medicine for medical conditions Saturday.

The coast guard crew launched an inflatable ice rescue skiff from shore and shuttled passengers three at a time to a nearby tow boat. THE ASSOCIATED PRESS

Parachuting school

Plane crash kills 11 in Poland

Polish prosecutors opened a criminal investigation Sunday into a plane crash that killed 11 people — parachuting instructors and students and the pilot of the plane.

The Piper Navajo plane was carrying 12 people when it crashed and burst into flames in an orchard Saturday just minutes after taking off from Rudniki Airport in southern Poland.

THE ASSOCIATED PRESS

Firefighter who died fighting blaze hailed as 'a real hero'

The Fire Department of New York is mourning the death of a lieutenant who became trapped while looking for victims in a public-housing highrise blaze, the first city firefighter to die in the line of duty in more than two years.

Lt. Gordon Ambelas died Saturday after suffering multiple injuries while on the 19th floor of the 21-storey building in the Williamsburg section of Brooklyn, officials said.

"We lost a real hero tonight and our hearts are heavy," Mayor Bill de Blasio said of the 14-year veteran of the force.

Fellow firefighters found Ambelas unconscious and carried him out of the building. They worked with emergency rescuers to try to revive him, but he died at a hospital, the mayor said.

"Ambelas went into the apartment to search for life and did not come out, and by the time his brother firefighters found him, it was too late for him," Fire Commissioner Daniel Nigro said.

It is the department's first line-of-duty death since Lt. Richard A. Nappi was killed fighting a Brooklyn warehouse blaze in April 2012. Ambelas is the 18th to die since 343 firefighters perished in the Sept. 11, 2001, terrorist attacks that destroyed the World Trade Center.

A police officer, Dennis Guerra, died in April after he and his partner were overcome by smoke and carbon monoxide while responding to a mattress fire on the 13th floor of a Coney Island public housing complex.

Ambelas, a 40-year-old married father of two daughters from the New York City borough of Staten Island, was among the firefighters honoured last month for helping to save a seven-year-old boy who became trapped in a roll-down gate in May. The boy was pulled 4.5 metres off the ground when his arm and head got stuck.

Ambelas said at the time that the incident "shows that FDNY members are always ready to help others. It was great teamwork all around."

The fire broke out around 9:30 p.m. Saturday in an apartment on the 19th floor of the building that is part of the six-building Independence Towers complex owned by the New York City Housing Authority.

Flames then spread to the 17th and 18th floors.

Two other firefighters were treated at Bellevue Hospital for minor injuries. Two residents were treated at the scene for minor injuries.

The cause of the fire is under investigation.

THE ASSOCIATED PRESS

This photo taken on June 26 and released by the NYPD shows Lt. Gordon Ambelas, who died at a hospital late Saturday night. THE ASSOCIATED PRESS/NYFD

Riding out stock peaks and valleys

HOW TO ROLL
Alison Griffiths
metronews.ca

It only took six years for investors to get back to zero. On Wednesday, June 18, the major Toronto stock market index finally eclipsed the previous record high, set in 2008 (on the very same day, no less).

Just to prove it wasn't a fluke, the TSX Composite Index rang up a new high of 15,209 last Wednesday.

This means that if you had put $100 into the TSX Composite Index six years ago you would have $100 today. Whoop-dee-do!

Not quite so grim a story is that of total return, which accounts both for price of the stocks and dividends paid out by the listed companies. Between June 6, 2008, and March 2010, the TSX Composite Total Return Index plummeted 47 per cent from an all-time high of 37,051. But the index had completely recovered by April 2010 and then forged ahead, encountering a few bumpy patches along the way, to its current level of over 45,500.

So, running the numbers again and including dividends, that same $100 invested in June 2008 would be worth nearly $123. That's a mere 3.8 per cent average annual return, but, still, it's better than zero.

What's the lesson in all of this? There are three.

Just the stats

The best and worst TSX Composite Total Return Index:

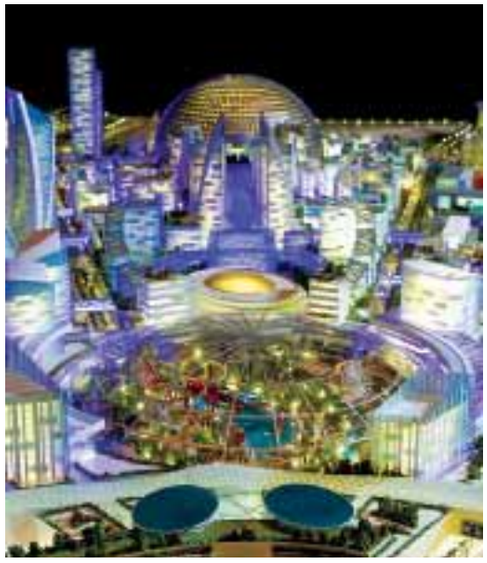
- **Best 10 years:** 1990-2000 — 15.59 per cent average annual return
- **Worst 10 years:** 2000-10 — 2.84 per cent average annual return

1. Dividends matter
Dividends can keep your portfolio afloat. While stock prices gyrate, dividends from blue-chip companies usually stay the course. During the recession, most of the biggest Canadian companies maintained dividend payments, though few increased them.

2. Time matters
Time heals most investment wounds. Investing at the top of the market hurts when there's a downturn, but history tells us that equities trend steadily upward over time, especially when you factor in dividends.

3. Regularity matters
It is true of our bowels and also of investing. Those who kept buying steadily through the recession and the subsequent recovery caught the highs but also the lows. This is called dollar cost averaging.

Whether the market goes up or down, keep these lessons in mind while investing.



Puts Masonville Place to shame?

This image provided by Dubai Holding, a conglomerate controlled by the emirate's ruler, shows an artist rendition of their planned Mall of the World. The shopping-loving city that is home to one of the world's largest malls wants to build one even bigger. Dubai ruler Sheik Mohammed bin Rashid Al Maktoum has laid out plans for the project, which will include an eight-million-square-foot mall, a climate-controlled street network, a theme park covered during the scorching summer months and 100 hotels and serviced apartments. Dubai Holding gave no details on the cost or the completion date. DUBAI HOLDING/THE ASSOCIATED PRESS

President el-Sissi

Egypt raises beer, wine and cigarette taxes

Egypt's president decreed an increase in sales tax on cigarettes, beer and wine, the latest in a series of price hikes that aim to ease the country's staggering budget deficit.

The decision announced Sunday increases a flat tax on local and imported cigarettes to between 25 and 40 cents per pack, depending on the brand. It doubles an already existing tax on beer, from 100 per cent to 200 per cent, and increases the tax on local and imported wines to 150 per cent.

Since assuming the presidency last month, former military chief Abdel-Fattah el-Sissi has vowed to take tough decisions to deal with the country's battered economy, and bring it out of the bottleneck within two years.

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STRAIGHT TALK ON GAY RIGHTS

URBAN COMPASS

Todd Devlin
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To my readers, both returning and first-timers: I have a confession to make this week.

I have written in this space before about gay rights and the ongoing fight for equality. But today, I must come clean. The truth is, I am a straight male (not that there's anything wrong with that).

The column is not the only place I've advocated for equality either. I have posted on Twitter and Facebook, making my feelings well known.

Along the way, I have wondered if some of my "friends" assume I'm gay. It makes me chuckle. It wouldn't be a baseless assumption. People personally affected by an issue often publicly show their support for that issue. But here's the thing: Not only am I not gay, I don't have any family members or close friends who are gay either (at least not that I know of).

So, you might be wondering, why the heck do I care?

To me, the better question is why the heck wouldn't I care? I don't need to have a personal connection to care about any oppressed individuals or groups in society. Recently, I was delighted to learn that a friend of mine shares this sentiment, particularly on the issue of gay rights.

A competitive curler, my friend has decided to get involved with the You Can Play (YCP) project, a movement inspired by the late Brendan Burke (hockey executive Brian Burke's son), who came out when he was a student manager for the Miami University RedHawks hockey team in 2009.

My friend worked at Miami University, and he remembers the hockey program being completely supportive of Brendan, who tragically died in a car accident in 2010.

My friend had wanted to get involved since then, but he didn't know how. This year, his curling team will proudly wear uniforms from You Can Play, whose goal is to eliminate homophobia in sports.

Instead of promoting some business on the back of their shirts, they'll be advocating for social change instead. I told my friend I was happy to hear of his involvement with YCP. He told me that he believes he's exactly the type of person who should be standing up to homophobia in sports.

"I'm confident enough, strong enough, articulate enough and mature enough to have a tough conversation with someone if they ask questions," he said.

I was impressed. He's now a straight ally, as they say.

But why stop at LGBT rights? Why can't we be allies to other causes?

When a former boss of mine learned about atrocities being committed against children in war-torn northern Uganda, he started a movement that developed into GuluWalk, now an annual worldwide event.

What was his connection to the cause? He saw a terrible wrong that needed righting, and he decided to do his part.

We all have the opportunity to support causes we believe in. Sometimes, it's the ones we don't have a personal connection to where we can end up making the greatest impact.

JUMPING WITH THE BULLS

metro AR

A reveller jumps from a fountain onto the crowd below, after the launch of the "Chupinazo" rocket, to celebrate the official opening of the 2014 San Fermin fiesta in Pamplona, Spain, Sunday. For more photos of the fiesta, scan this image with your Metro News app. ANDRES KUDACKI/THE ASSOCIATED PRESS

Papa's Pamplona

Thousands of people have crammed into the main square and adjacent narrow streets of Spain's Pamplona for the start of the famed San Fermin running of the bulls festival.

The fiesta, an uproarious blend of hair-raising daily bull runs and all-night partying, was immortalized in Ernest Hemingway's 1926 novel The Sun Also Rises.

THE CANADIAN PRESS

By the numbers

3,500

The regional government of Navarre said this year's festivities would be patrolled by 3,500 police to keep the adrenaline- and alcohol-fuelled events as safe as possible.

Firework rocket?

Revellers wearing traditional white outfits trimmed with red neckerchiefs and cummerbunds gathered for Sunday's launching of a firework rocket, which signals the beginning of the nine-day festival.

- Animal rights activists protested Saturday, warning that 48 bulls are killed at the festival each year.

METRO AUGMENTED REALITY

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metro AR

In this issue, you can find AR enhancements on page 5 in News, page 8 in Scene and page 14 in Sports

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2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

When in Michigan ... 80-foot spit takes annual cherry pit-spitting contest

When it comes to pit-spitting, it's tough to beat the Krause family, who on Saturday maintained their dominance in the 41st International Cherry Pit-Spitting Championship in southeastern Michigan.

Brian Krause took top honours with a distance of 80 feet, eight inches (24.59 metres), said Monica Teichman, who runs the market at Tree-Mendus Fruit Farm in Eau Claire, just north of the Indiana state line.

Coming in second this year was Brian's father, Rick, with a spitting distance of 77 feet, 7-1/2 inches (23.66 metres). Kevin Bartz took third with 64 feet, eight inches (19.71 metres).

Last year's big winner was Matt "BB Gun" Krause with a distance of 41 feet, 6-1/2 inches (12.66 metres).

Spitting in the wind

"We had some really good spits here. The breeze felt good, but ... it wasn't good for spitting. We needed to change because we would have been spitting into the wind."

Organizer Monica Teichman on changing the direction of spitters

The Krause family has won 26 of 41 of the contests since farm owner Herb Teichman launched the tournament in 1974 as a lark — but also to mark the region's tart cherry harvest.

Brian Krause holds the record spit of 93 feet, 6-1/2 inches (28.51 metres), set in 2003.

More than 100 people tried to qualify Saturday for the championship round.

A strong breeze may have accounted for the long distances after organizers changed the direction of the spitting, organizer Monica Teichman said.

"We had some really good spits here," she added. "The breeze felt good, but ... it wasn't good for the spitting. We needed to change because we would have been spitting into the wind."

This year's winner received tee time at a nearby golf course, a plaque, a medal, work gloves, a drill bit set and various gift certificates.

THE ASSOCIATED PRESS

metro

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SCENE

Ebooks

Seamus Heaney: Five Fables

By. Robert Henryson

iPad

●●●●●

MIND THE APP
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Billy Connolly (Brave, Lemony Snicket) narrates this Scottish retelling of Aesop's moral fables, collected and translated by Nobel Prize-winner Seamus Heaney. The old Scots performed these tales of animal trickery and rascality with a delightful rhythm of speech and the inventive depth of folk wisdom. Enhanced with video extras, animations, and insights, it's an engaging and provocative cultural study.

25th anniversary

Seinfeld stands the test of time

Saturday marked 25 years since the airing of Seinfeld's pilot, the first of 180 episodes that would rewrite TV history.

In a tribute to the comedy about nothing, Time magazine says it's remarkable that the show didn't really spawn any legitimate imitators, which speaks to just how unique and irreplaceable it was.

"Influence is one measure of greatness, but another, opposite one is inimitability. Some great art reproduces virally. And some is the product of a perspective (or in the case of Jerry Seinfeld and Larry David, two) that nature can't come up with twice."

THE CANADIAN PRESS

The stars of the show about nothing. CONTRIBUTED

Neon Trees singer comes clean on Pop Psychology

Tyler Glenn. With two hit albums already under his belt, frontman hopes good things come in threes and finally reveals what it's like to be a gay Mormon rock star

LISA WEIDENFELD
Metro in New York City

Neon Trees frontman Tyler Glenn says he used to have trouble keeping his cool onstage. GETTY IMAGES

Neon Trees frontman Tyler Glenn has never shied away from being himself onstage, but with the release of a new album, Pop Psychology, he decided it was time to open up a bit more about his private life.

In April, he came out as gay via a Rolling Stone interview. And not only gay, but a gay Mormon, an unusual combination in pop culture. It capped a rough period in Glenn's life, where he was having trouble keeping his cool onstage. With the help of a therapist and a supportive producer, Glenn decided he was ready to share the news in a big way.

Glenn actually only started coming out to people in his life at the tail end of the production process for Pop Psychology.

After working with producer Tim Pagnotta on finishing the album, Pagnotta expressed some curiosity about what the new songs were about, and Glenn decided to share his secret.

"I think his reaction inspired me to tell everyone else because he responded in such a loving, almost congratulatory way, which was really something I never put together with being gay," says Glenn.

That said, he's pleased to be a spokesman for equality who is both gay and religious. "A lot of the time we see in the media, like, it's either religion or it's being gay and I think the two can live in the same sphere," says Glenn.

Asked if he thinks it's important to public figures to come out, Glenn replies honestly, "I used to not. I get people doing it on their own time, in their own way, and I don't know everyone's situation, but I do think it's important."

Of course, his news has "turned a lot of heads in Utah," where Glenn lives, but he's happy to be a role model on this front, despite some discomfort with the idea in the past.

"I'm really glad that some people feel like they have a voice now, and … if that's the role model I can be, then I'm comfortable with that," says Glenn.

For those wondering if Glenn was trying to hide something on prior records, he says he thinks the older songs are honest representations of who he was at the time.

For the song Teenage Sounds off the band's second record, Picture Show, a lyric like "I'm sick of being called a fag because I'm queer," once reflected people's reaction to his flamboyant style of dress.

"Now that means more to me, obviously, and I think it means more to people," says Glenn.

AUGMENTED REALITY

→ Want to hear Tyler Glenn sing? Scan this photo with your Metro News app for a video of Neon Trees' song Sleeping With a Friend.

→ See the full instructions on Metro's Voices page.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Adam Levine: He's not like the rest of us

STARGAZING
Malene Arpe
scene@metronews.ca

Adam Levine says that he's not going to be one of those celebrities who pretends he does his own laundry and house cleaning, and also that he has no patience for actors who agree to speak to media but then act upset when asked a question. This puts me in the uncomfortable and upsetting situation of having to stop pretending I hate Adam Levine.

Beyoncé projects Justin Bieber's mug-shot on a big screen during her tour with Jay Z and tells the audience, "Even the greatest can fall." What that sentence has to do with Justin Bieber remains unclear.

Someone stole the Amsterdam bench Shailene Woodley and Ansel Elgort sat on while kissing in The Fault in Our Stars. "We have absolutely no idea what you're talking about," said four teenage girls while smiling wistfully under their balaclavas.

The producers of Better Call Saul, a pre-Breaking-Bad-timeline Breaking Bad spin-off, say they've found a way to bring Walter White into the story. Ideas include Walter White walking past Saul's office, Walter White dialing the wrong number and getting Saul's office and Walter White staring out the dirty window of a bus passing Saul's office.

This week in Really Boring Things Involving People Named Jennifer: 1) Jennifer Garner and Ben Affleck celebrate their ninth anniversary by eating steak and oysters at a restaurant in Michigan. 2) Jennifer Lawrence places 11th, Jennifer Lopez places 33rd and Jennifer Aniston places 77th on Forbes Celebrity 100 list. 3) Jennifer Hudson wears a short leather dress at the BET Awards. 4) Jennifer Love-Hewitt joins the cast of Criminal Minds.

Things that will not be happening: 1) Constantine smoking cigarettes in the upcoming TV series. 2) Zendaya playing Aaliyah in the Lifetime biopic. 3) Shia LaBeouf ever dining at California restaurant The Local Peasant again after casually peeing on a wall. 4) Michael Bay ever ceasing to make Transformers movies. 6) Anyone tiring of seeing David Beckham modeling tight underwear.

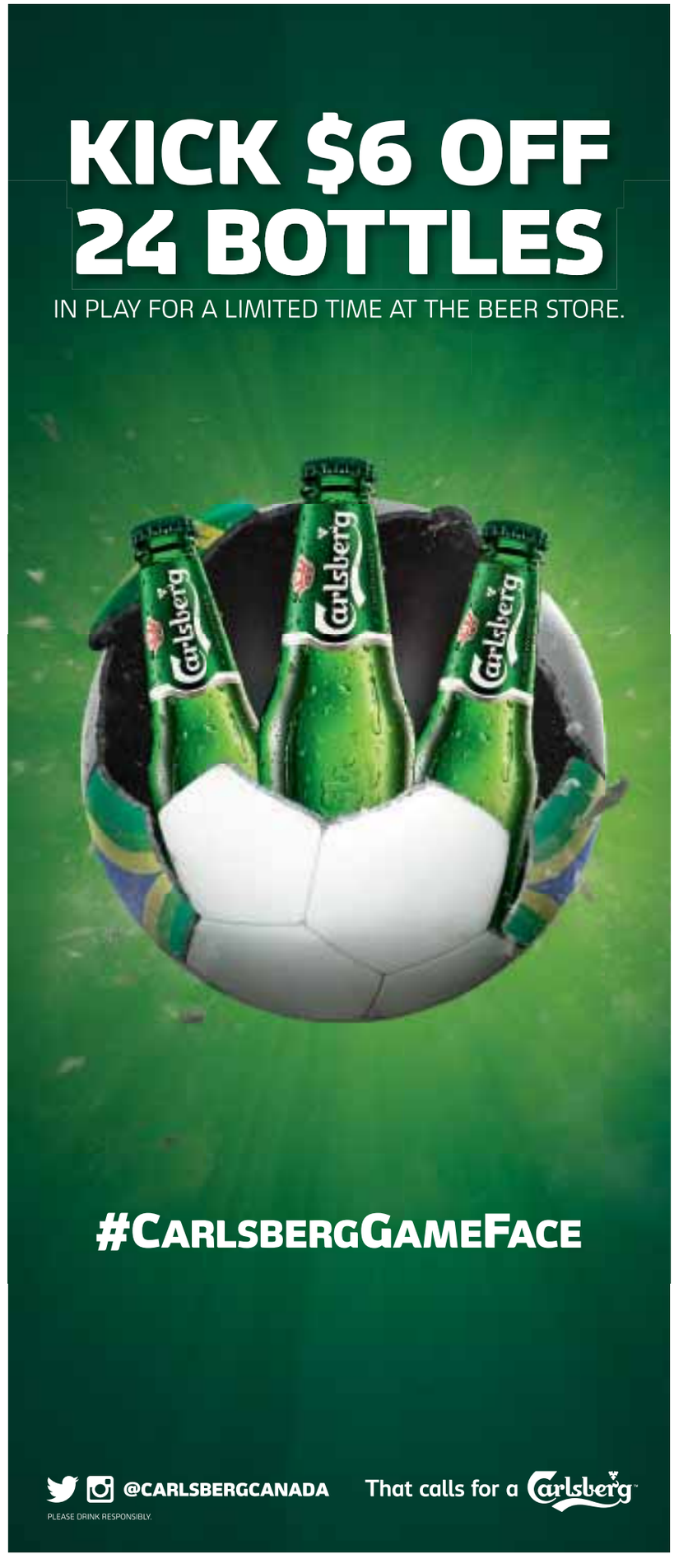
The Motto for Drake should be no Kanye

Drake PHOTOS: GETTY IMAGES

Drake may want to take a bit more care in selecting his next substitute to help out while he's felled by his current mystery illness. The rapper had to bow out of a recent appearance at the Wireless Festival in London and figured he'd make it up to the crowd by sending Kanye West in his place, according to Pitchfork. Except West had other ideas about how to spend the evening. West, who performed with an odd-looking mask obscuring his face, stopped the show for one of his standard 15-minute rants, his auto-tuned words accompanied by the sound of a piano and booing audience members. From what West was saying, it sounds like he's still holding some grudges in the fashion world. "I'm not going to call no names, I'm not going to say Nike or anything. I'm not dissing Louis Vuitton, I'm not dissing the Gucci group and s—," he shouted. "I'm just saying, don't discriminate against me because I'm a black man, or because I'm a celebrity, to determine that I can't create. Cause, you know, no black guy or celebrity's making no Louis Vuitton nothing." Duly noted. And someone should get the folks at the Oxford English Dictionary on the phone, because West has a few suggestions for new entries: "If believing in yourself is so, so, so wrong, and the other side is so, so, so, so strong in trying to beat down, and demonize and dishumanize — and I don't know if that's a word or not, and if it's not a word, then I said it's a f—ing word." And so it shall be.

Old married Jessica won't be acting like a Newlywed

Jessica Simpson and Eric Johnson were married over the weekend in front of 250 friends and family at the luxurious San Ysidro Ranch, located in Montecito in Santa Barbara County, Calif., according to E! Online. The big day comes after months of planning and several years of engagement, as Simpson first confirmed her plans to marry Johnson in November 2010. They have two children together, 2-year-old daughter Maxwell and 1-year-old son Ace. As Simpson explained during a visit to Good Morning America earlier this year, there were no fears of either getting cold feet at this point. "I already feel like we're an old married couple," she said.



LIFE 3

Are you a money moron? It's time to change your ways

Finance flubs. If you lack an emergency fund or are paying off debt with other debt, you need to read this

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Buying a house that's beyond your budget can leave you living on the financial edge indefinitely. ISTOCK

It's easy to make mistakes with your money, particularly when so many other people are doing exactly the same thing you are. How bad can it be if everyone is doing it? Have a look to see how many of these money mistakes you are making:

Carrying a balance on credit cards or on a line of credit
Sadly, many people don't even know how much they owe. They keep their debt in little piles, never adding it up so they don't have to face the truth. They say things like, "My debt isn't anywhere near as bad as my sister-in-law's," and then pat themselves on the back. If you're carrying a balance, it means you're spending more money than you make. Stop.

Letting expenses get out of control
Expenses have a tendency to creep up, Up, UP. And if you aren't paying close attention, they can eventually exceed your income.

When was the last time you looked over your bills to see how much they've gone up? Has your income gone up as much as your hydro, cable, and gas bill?

That's why a spending journal is so important. Writing it down consistently keeps you paying attention to the details.

Taking payday loans
What the hell are ya thinking? If you can't afford to live on what you're making now, how are you going to make it through next week when you have to repay the loan, plus the interest (upwards of 700 per cent, when you include the fees)? If you need money that badly, sell something or get another job.

Having no emergency fund
Experts have been touting the importance of having an emergency fund since Betty White was a lass. So why is it that so many people still don't have enough (or any) money set aside, just in case?

The rule of thumb is that you should have enough cash to cover six months' worth of essential expenses. Cash in the bank means you have options so you can deal with whatever life throws at you. No cash, no options!

Buying a house that's too expensive
Little money down, amortized forever has led people to believe they can afford houses that are more expensive than they can actually manage.

If you had to save 20 per cent of a $400,000 house — that's $80,000 — you might think twice about buying such an expensive house.

I know real estate values have gone through the roof, but that's no excuse for strapping your cash flow to the point where you're living on the edge all the time.

Paying only the minimum amount on debt
If you haven't made a debt repayment plan that has a specific end date, you're spinning your wheels.

The only way to get debt free is to do the math. Divide what you owe by the number of months until you want to be out of the red. Add your monthly interest costs. *That's* how much you have to pay to be done with debt.

Using debt to repay debt
If you're using balance transfers or cash advances on credit cards to make minimum payments, or using your line of credit to pay your minimum on your credit card, you're a full-fledged money moron.

This used to be illegal, but in the name of marketing and selling more credit, the balance transfer (using credit to pay credit) was created and now the line is so blurred that people think it's fine.

It's not. And it's going to catch up with you eventually. **WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROAD MAP TO SUCCESS.**

Twitter overuse may shorten marriage: Study

Facebook's risky too. Social network use has a dark side when it comes to impact on romantic relationships, research finds

Heavy Twitter use can lead to conflicts and other damaging effects on marriages and romantic relationships, a study said Thursday.

The study followed up on previous research that showed similar impacts for Facebook and raises questions about whether social network use in general is bad for relationships.

The study, appearing in the journal Cyberpsychology, Behaviour, and Social Networking found that "active Twitter use leads to greater amounts of Twitter-related conflict among romantic partners, which in turn leads to infidelity, breakup, and divorce."

The author, University of Missouri doctoral researcher Russell Clayton, concluded that these findings add to the evidence about social network use's dark side for personal relationships.

Clayton's research published in the same journal last year found that a high level of Facebook usage was associated with "negative relationship outcomes."

The journal's editor-in-chief Brenda Wiederhold said these findings highlight the need for more study on social network use.

"Since much of the social networking research is in its infancy, we do not know if other media, such as Instagram will also impact relationships in a negative way," she said in a statement.

The latest study surveyed 581 adult Twitter users. Clayton found that the more often a respondent reported being active on Twitter, the more likely they were to experience Twitter-related conflict with a partner. AFP

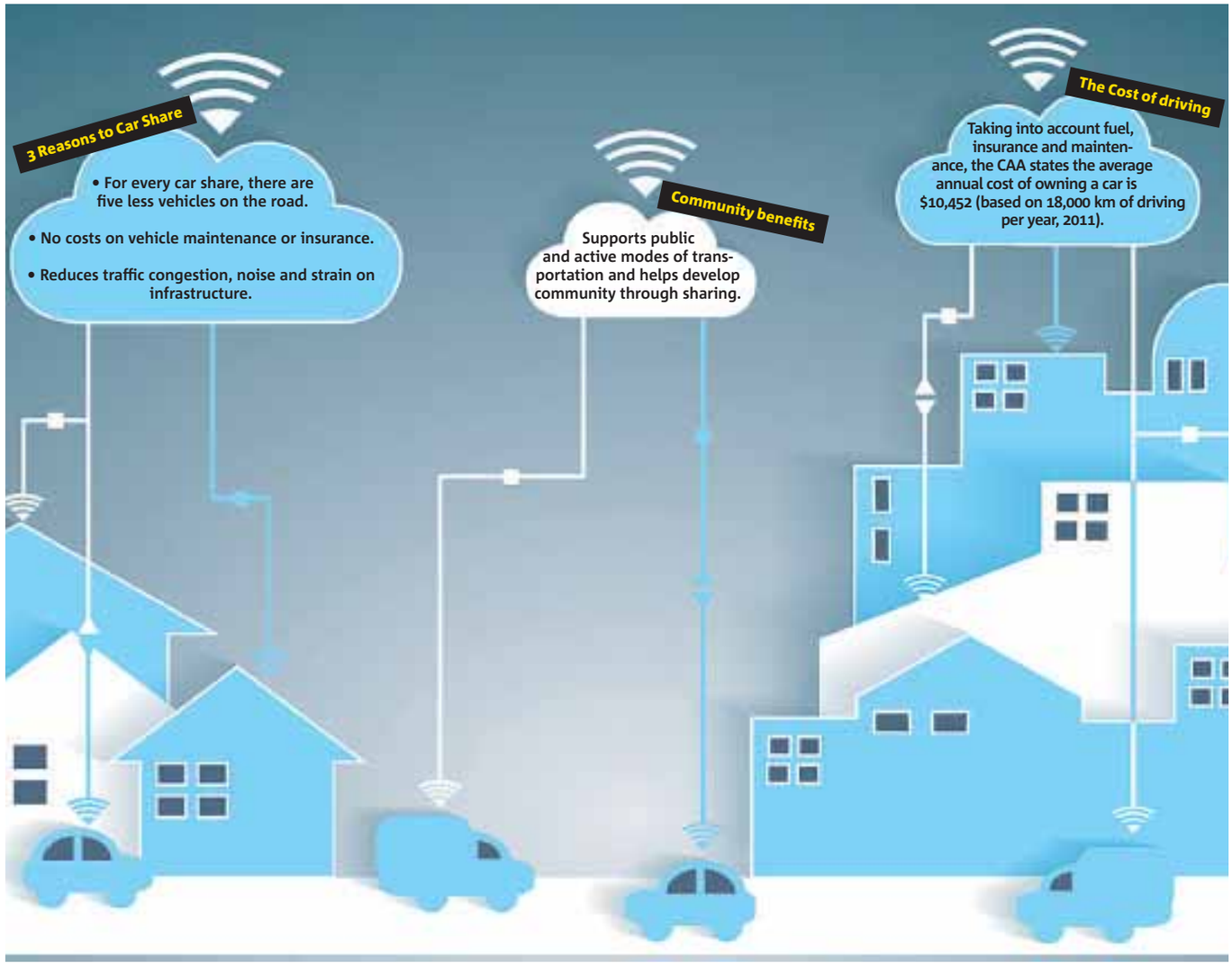
Too much tweeting or Facebook can mean you might find yourself all alone with your laptop — and no spouse or significant other, research shows. ISTOCK

The great Canadian car share

Rallying the roads.
Drivers are opting for a more fuel efficient and environmentally friendly way to ride

STEVE GOW
Metro World News

There's no doubt that the rise of car-sharing co-ops has been impactful in Canada. Although urban centres have led the way, suburban towns are getting the message. If you're looking to start sharing, here are some of the most convenient ways to do it in some Canadian cities.


3 Reasons to Car Share
• For every car share, there are five less vehicles on the road.
• No costs on vehicle maintenance or insurance.
• Reduces traffic congestion, noise and strain on infrastructure.
Community benefits
Supports public and active modes of transportation and helps develop community through sharing.
The Cost of driving
Taking into account fuel, insurance and maintenance, the CAA states the average annual cost of owning a car is $10,452 (based on 18,000 km of driving per year, 2011).

Car sharing in Canada

- **Regina.** The Regina Car Share Co-Op loans vehicles for as little as $5 per hour. reginacarshare.ca
- **Ottawa.** VRTUCAR has over 100 fuel-efficient vehicles. vrtucar.com
- **London.** Community CarShare provides vehicles on a pay-per-use basis. communitycarshare.ca
- **Winnipeg.** Peg City Car Co-op has been around since 2011. pegcitycarcoop.ca
- **Edmonton.** E-town has no car-sharing co-ops. Motorists can use the city's Rideshare program. Email transplanning@edmonton.ca

Greater Toronto Area population: approximately 5.9 million

With such a dense population (and traffic snarling urban arteries), companies renting hourly vehicles such as Zipcar, Car2Go and AutoShare are certainly taking advantage. Stashing cars at many locations around the city, potential customers can easily walk to a nearby parking lot and pick up their ride. There is a slight difference in each company however. For instance, if you're looking to stock up on bulky groceries, don't go with Car2Go since they specialize in small, two-passenger SmartCars. Visit zipcar.ca, autoshare.com or car2go.com.

Greater Vancouver population: approximately 2.4 million

Vancouver also has Zipcar and Car2Go as viable vehicular options. But the West Coast city also proudly boasts Modo. Originating 17 years ago with only two cars, this company takes a grass roots approach to car sharing and costs start at merely $7.50 an hour (plus fees). In all, the three companies have more than 800 vehicles spread across the metropolitan expanse. Visit modo.coop.

Calgary area population: approximately 1.4 million

Although Car2Go is also firmly settled in the Stampede City, Calgary Carshare is the leading member-owned, non-profit car-sharing company in Alberta. The co-op features two rate plans, the option of larger vehicles such as Dodge Caravans and has made its presence in the city since 1999. Nowhere is carsharing more suitable than in the sprawling landscape of Calgary, where it seems everyone drives! Visit calgarycarshare.ca.

Saskatoon area population: approximately 292,600

Relatively new on the prairies, The Saskatoon Carshare Co-op was recently incorporated and the community-owned enterprise is still growing — but then so is this booming city. Still, they may only have a two-car fleet of Nissan Versas but both are available to co-op members and casual drivers 24 hours a day for as little as $8 per day (plus fees). Visit saskatooncarshare.com.

Metropolitan Halifax area population: approximately 408,700

At just a few years old, CarShare HFX is also in its juvenile stages, but growth has been steady. Although membership is a bit costly and convoluted (with several types of memberships), CarShare HFX vehicles feature such benefits as free parking at "pay and display" lots on the waterfront. Plus, members can receive discounts at several retailers in town. Visit carsharehfx.ca.

Pre-college students get a final push

'Summer melt.'
Money problems, housing issues and other details cause many students to abandon higher education plans

Left, Erika Malone of St. Louis Community College talks with a prospective student and her mother at a drop-in centre in St. Louis that helps low-income students stay on track and make the transition to college. Right, Daisha Tankins, 19, works as a peer counsellor at the drop-in centre. JEFF ROBERSON /THE ASSOCIATED PRESS

The excitement of acceptance into that dream college has passed. The first day of classes is still weeks away. But the resources provided by high school teachers and computer labs are no longer available for recent graduates.

Education researchers and academic counsellors call it "summer melt," the precarious time when some college-bound students fall through the cracks, at risk of abandoning their higher education plans entirely.

In St. Louis, a drop-in counselling centre helps such students negotiate financial aid agreements, housing contracts and the other many details of college enrolment. School districts in Chicago, Dallas, Miami, Minnesota and West Virginia are among those using text messages to keep aspiring college students on track.

"You get the acceptance letter and start the celebration," said Shauna Cunningham, a high school guidance counsellor who's spent the past two summers at the St. Louis Graduates High School to College Center. "They don't realize all the other steps."

Recent studies by Harvard University's Center for Education Policy Research found that an estimated 20 per cent of graduating seniors from urban school districts in places such as greater Boston, suburban Atlanta, Dallas and Fort Worth, Texas, abandon their plans to attend college over the summer.

Among prospective community college students, the summer melt rate increases to about 40 per cent, said former Harvard researcher Ben Castleman, now an assistant professor of education and public policy at the University of Virginia.

A lack of financial aid is to blame in about half of those cases, Castleman said. But students also wind up getting derailed by much less significant hurdles, from failing to meet course enrolment deadlines to registering for summer orientation programs.

"The idea was that if you could get a kid to graduate from high school, they'd been accepted, and chosen where to go, (then) that student was going to show up," he said.

"What our work shows is that in fact, students encounter a pretty complicated array of financial and procedural tasks to complete over the summer."

Daisha Tankins, 19, had planned to attend Spelman College in Atlanta after graduating from a St. Louis high school last summer. But unable to afford the private college and unwilling to go into more than $100,000 in debt after four years, she enrolled at Harris-Stowe State University in her hometown. Like Spelman, it is a historically black school, but with far more modest costs.

Tankins now works as a peer mentor at the St. Louis counselling centre.

"A lot of students are bewildered and can't understand the magnitude of what's going on," she said.

School districts and colleges are beginning to find that reducing summer melt doesn't require dramatic intervention.

For just $7 per student, school districts in Lawrence and Springfield, Mass., were able to boost their number of college-bound graduates, according to research by Castleman and Harvard colleague Lindsay Page.

Students received introductory text messages such as "We want to help you w/ college! Stay tuned for key summer to dos. Save this #, you can txt us for help!"

Their parents received similarly tailored messages with reminders about financial aid, orientation enrolment, tuition bill deadlines and campus health insurance.

On a recent weekday afternoon, St. Louis high school graduate Kelcee Burton stopped by the drop-in counselling centre just blocks from Washington University, which donated the storefront to the non-profit group St. Louis Graduates.

Burton has been accepted at the University of Missouri and expects to receive roughly $18,000 in grants for the coming year. But gaining admission was only the start for Burton, who was four when her mother died and has spent the past year living with a friend after her father remarried.

There are immunization records to track down and a housing waiting list to manoeuvre. She stopped by the counselling centre at a friend's suggestion and left with confidence about starting college come August.

"I really didn't even think about all these details. I had no idea," she said. "I thought I was good to go."

THE ASSOCIATED PRESS

Precarious time

"Students encounter a pretty complicated array of financial and procedural tasks to complete over the summer."

Ben Castleman, professor and former Harvard researcher

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A summer masterpiece: Chicken with Watermelon, Avocado and Feta Salsa

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

TOTAL TIME ABOUT 20 MINUTES

This recipe serves six. ROSE REISMAN

Outdoor living goes hand in hand with barbecuing, and a perfect choice for the grill is chicken breast.

Boneless chicken breast without the skin is one of the leanest meats you can enjoy.

Consider that a four-ounce portion of chicken has only 120 calories, two and a half grams of fat and one gram of saturated fat compared to a fatty steak, which has more than 300 calories, 23 grams of fat and nine grams of saturated fat.

Now, add a delicious seasonal salsa over top and you have created a masterpiece.

Watermelon, avocado, jalapenos and a squeeze of lemon is all that's needed.

The fresh and crispy texture of the salsa goes well with dining outdoors.

To prevent excess liquid, dice watermelon just before cooking chicken and drain any excess liquid.

Ingredients

Salsa
- 1 1/2 cups diced crisp watermelon
- 1/3 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 3 tbsp fresh mint or cilantro
- 1 tsp lemon juice
- 1/2 tsp lemon zest
- 2 tsp olive oil
- 1 tsp minced jalapeno
- 1/2 tsp finely chopped garlic
- 1 oz crumbled feta cheese
- 1 1/2 lb skinless boneless chicken breasts (about 4 to 6 breasts)

Directions

1. Prepare the salsa by combining the watermelon, red bell pepper, avocado, mint, lemon juice, zest, olive oil, jalapeno and garlic in a bowl.

2. Preheat a barbecue to medium-high heat or lightly coat a large, nonstick grill pan with cooking spray and set over medium-high heat. Grill the chicken, turning half way just until cooked or internal temperature reaches 165 F. Serve the salsa on the grilled chicken, garnish with crumbled feta.

Nutritional information

Per serving

- **Calories.** 210
- **Carbohydrates.** 5 g
- **Fibre.** 0.8 g
- **Protein.** 23 g
- **Total fat.** 8.7 g
- **Saturated fat.** 3.2 g
- **Cholesterol.** 63 mg
- **Sodium.** 320 mg

This recipe serves four. ROSE REISMAN

The sweetest way to beat the heat

In the heat of summer, a bowl of hot soup is the last dinner choice to come to mind.

However, a chilled fruit soup is not only refreshing, but a light and nutritious way to start a meal. This Cold Mango Soup is creamy, flavourful and only contains 99 calories and three grams of fat per serving.

If you want the beautiful swirl on top of each bowl, just add a quarter of a cup of light yogurt to a small baggie.

Using a pair of scissors, cut a very small hole in the corner of the bag.

Ladle the soup into bowls and squeeze the yogurt in straight lines across the soup.

Drag a toothpick from one end of the soup through the lines to the other.

1. In a nonstick saucepan, heat oil over medium heat. Add onions and garlic; cook, stirring 4 minutes or until browned.

2. Add stock. Bring to a boil; reduce heat to medium-low and cook 5 minutes or until onions are soft.

3. Transfer mixture to a food processor. Add 2 cups of the mango. Purée until smooth. Stir in remaining chopped mango.

4. Chill 2 hours or until cold. Serve with a dollop of yogurt or make the design as described in the introduction and garnish with a mint leaf.

ROSE REISMAN

Ingredients
- 2 tsp vegetable oil
- 1/2 cup chopped onions
- 2 tsp minced garlic
- 2 cups vegetable or chicken stock
- 2 1/2 cups chopped ripe mango (about 2 large)

Garnish (optional)
- 2% plain yogurt
- Mint leaves

CHL uncovering 'drug of choice'

Testing. North Bay player suspended for use of stimulant found in supplements

DAVE LANGFORD
dave.langford@metronews.ca

Once again, the Canadian Hockey League has shown its older brother how to test for banned substances.

And the result is a positive test for the stimulant methylhexaneamine.

North Bay Batallion centre Jamie Lewis was suspended for eight games last week for the anti-doping violation. It was the third positive test for the same stimulant in the Ontario Hockey League since it began testing in 2008.

Paul Melia, president and CEO of the Canadian Centre for Ethics in Sport (CCES) in Ottawa, said "to the best of his knowledge" the National Hockey League does not test for stimulants. The CCES does the testing for the CHL and CFL in Canada.

"The drug of choice for hockey would be stimulants. Anabolic steroids to a certain extent from a strength perspective, but more likely it would be interested in game-day stimulants," he said.

Back in 2011, Alex Aleardi of the Plymouth Whalers and Ryan O'Connor of the Saginaw Spirit also received eight-game bans for testing positive for the same stimulant.

"The link I would make between a couple of athletes in 2011 and now another one is simply that athletes believe they need nutritional supplements and the vast majority do use them, and we continue to warn athletes about the dangers," Melia said.

London Knights assistant general manager Rob Simpson said it's important for his team, and the league, to make the players aware of the banned list.

"When you're dealing with people (ages) 16 through 20, it's very crucial that you are aware of what's going on in the league, and you want to make sure these kids are following the right nutrition plans," Simpson said.

Methylhexaneamine has been the stimulant of choice in many sports and many leagues.

You don't have to look any farther than the Toronto Blue Jays' organization for a positive test for the same stimulant.

Blue Jays starting pitcher Marcus Stroman, now 4-2 with the Jays in his rookie season, was suspended for 50 games in 2012, testing positive while playing for the Jays' Class A farm team in Vancouver.

Also, 11 Indian athletes were banned from the 2010 Commonwealth Games in their own country for testing positive for the same stimulant before the Games began.

Methylhexaneamine

Methylhexaneamine is a stimulant found most often in products claiming to be fat-burning and those marketed to body builders.

- "Sometimes the products don't list everything that's in them because it's not a very well regulated industry," Canadian Centre for Ethics in Sport CEO Paul Melia said.
- It is not an ingredient in medications approved by Health Canada.

Djokovic No. 1 with Wimbledon win

Novak Djokovic's large lead in the rollicking Wimbledon final was slipping away, due in no small part to Roger Federer's regal presence and resurgent play.

No man has won tennis's oldest major tournament more often than Federer, and he was not about to let it go easily. Djokovic went from being a point from victory in the fourth set to suddenly caught in the crucible of a fifth, and knew all too well that he had come up short in recent Grand Slam title matches.

Steeling himself when he so desperately needed to, Serbia's Djokovic held on for a 6-7 (7), 6-4, 7-6 (4), 5-7, 6-4 victory after nearly four hours of momentum shifts Sunday to win Wimbledon for the second time — and deny Switzerland's Federer what would have been a record eighth championship at the All England Club.

"I could have easily lost my concentration in the fifth and just handed him the win. But I didn't, and that's why this win has a special importance to me, mentally," Djokovic said. "I managed to not just win against my opponent, but win against myself, as well, and find that inner strength."

Cradling his trophy during the post-match ceremony, Djokovic addressed Federer directly, saying: "I respect your career and everything you have done. And thank you for letting me win today."

Even Federer had to smile at that line.

Truth is, Djokovic deserved plenty of credit for figuring out a way to raise his Grand Slam total to seven titles, allowing him to overtake Rafael Nadal at No. 1 in the rankings.

"Novak deserved it at the end, clearly," said Federer, who hadn't been to a Grand Slam final since winning his 17th major at Wimbledon in 2012, "but it was extremely close."

Federer, who turns 33 next month, won 88 of 89 service games through the semifinals and produced 29 aces in the final, but Djokovic broke him four times.

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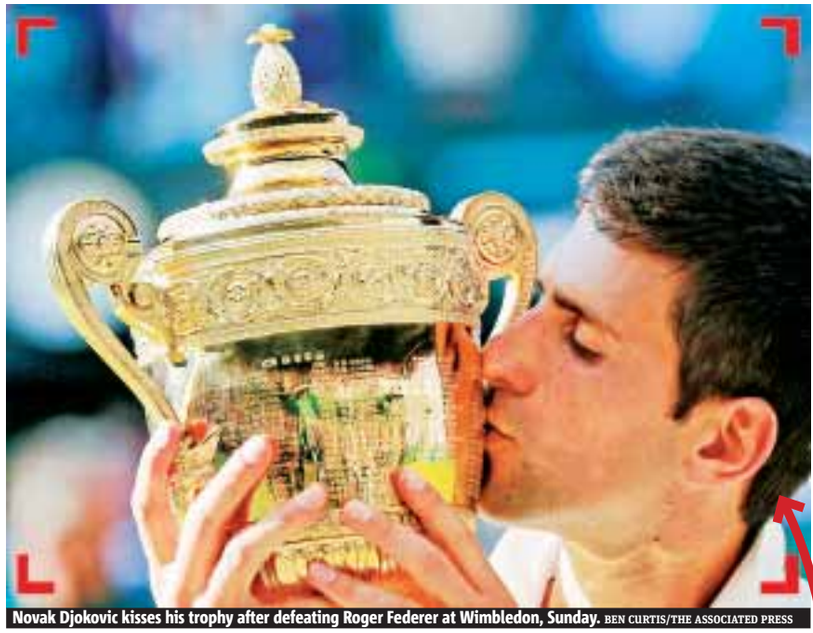

Novak Djokovic kisses his trophy after defeating Roger Federer at Wimbledon, Sunday. BEN CURTIS/THE ASSOCIATED PRESS

The Canadians

- Petra Kvitova of the Czech Republic beat Eugenie Bouchard 6-3, 6-0 on Saturday in the women's final to claim her second Wimbledon title, ending an impressive run by the 20-year-old Canadian at the All England Club.
- Vancouver's Vasek Pospisil and American partner Jack Sock won the Wimbledon men's doubles title on Saturday in an upset of the defending champions Bob and Mike Bryan of the United States 7-6 (5), 6-7 (3), 6-4, 3-6, 7-5.

AUGMENTED REALITY

→ Scan the image with the Metro News app for more photos from Wimbledon this past weekend.

→ See the full instructions on Metro's Voices page.

metro AR

World Cup

Brazil attendance ranked 2nd overall

World Cup attendances are set to achieve the second-highest average in tournament history.

FIFA says the average crowd after 60 matches in Brazil is 52,762, beating the 52,491 mark for the 2006 World Cup in Germany.

The record was set in the U.S. in 1994, where the average was 68,991.

THE ASSOCIATED PRESS

Horse racing

Filly Lexie Lou wins $1M Queen's Plate

Filly Lexie Lou captured the 115th running of the $1-million Queen's Plate on Sunday. The Woodbine Oaks winner, the 3-1 second choice, covered the 1 1/4-mile race in an unofficial time of 2:03.94 on the polytrack at Woodbine Racetrack to earn trainer Mark Casse his first Plate victory. THE CANADIAN PRESS

MLB

A's sweep Jays

Jeff Samardzija pitched seven strong innings to win his Oakland debut and the Athletics beat the Toronto Blue Jays 4-2 on Sunday to complete a four-game sweep. Samardzija, acquired a day earlier in a trade with the Chicago Cubs, received several standing ovations.

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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers.
It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Partnership issues and money issues will be important today. If nothing else, you must resist the urge to splash out on expensive gifts for loved ones.

♉ Taurus
April 21 - May 21
Life may a struggle right now but on the plus side, you will learn something useful. You are here for a reason. Stop complaining and start living.

♊ Gemini
May 22 - June 21
There are times when it is right to act on a hunch and this is one of them. With surprises planet Uranus strong in your chart, you should act on what your inner voice is telling you.

♋ Cancer
June 22 - July 23
If you let your fears get the better of you today you will regret it later when you realize what a great opportunity you have allowed to pass by. If you see an opening, go through it.

♌ Leo
July 24 - Aug. 23
You may be tempted to let a rival off the hook today but the planets warn that may not be a good idea, if only because it is likely to encourage others to take advantage of you too.

♍ Virgo
Aug. 24 - Sept. 23
You can make yourself happy or sad — the choice is yours. The effort that goes into being depressed can be diverted into finding things that delight you.

♎ Libra
Sept. 24 - Oct. 23
The more nice things you say about others today, the more nice things they will do for you in the near future. You will, of course, have to make your compliments sound sincere.

♏ Scorpio
Oct. 24 - Nov. 22
Take a less provocative approach with people you have been in disagreement with. Your differences are not so wide that you cannot find areas where you both can agree.

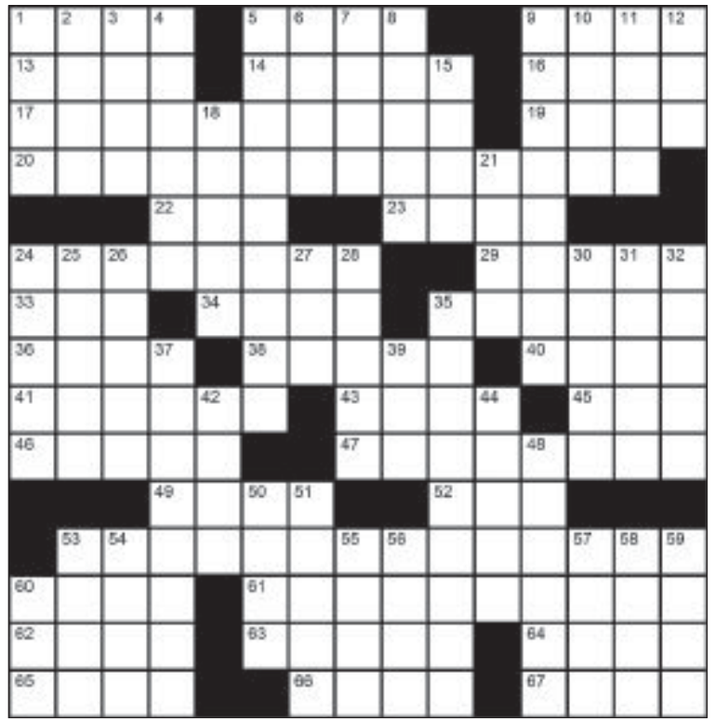
♐ Sagittarius
Nov. 23 - Dec. 21
You may think your charm will get you everything you desire, but that is not an excuse to cut corners. Everything balances out, so if you cheat others now you will pay for it later.

♑ Capricorn
Dec. 22 - Jan. 20
Every once in a while — like today — you do something that shocks even those who know you well. Tomorrow, no doubt, you will be making apologies.

♒ Aquarius
Jan. 21 - Feb. 19
Don't give up on a relationship just because it is going through a bad patch. It is times like these that test your commitment. If you hang in there, the tide will turn in your favour soon.

♓ Pisces
Feb. 20 - March 20
If an issue is causing you sleepless nights, focus your mind on something else. Eventually you may find that you no longer care who wins.

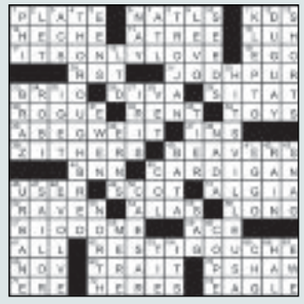
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Paul Bunyan's blue ox
5. Manitoba locale, with Flon
9. Look over
13. Mr. Rickman
14. Put together some sort of contraption: 2 wds.
16. Hawkeye State
17. East Coast people
19. Ceramics oven
20. Regina: RCMP __ __ Parade
22. Impair
23. Q. "__ '_ _' a show George Clooney starred on?" A. "Yes."
24. Richard Branson's space tourism company, Virgin __
29. Visual arts univ. in Halifax
33. Ginger drink
34. Deep Purple song
35. Scott of "Quantum Leap"
36. Faint
38. Words to live by
40. Annual, for short
41. Ancient temple complex in Egypt
43. Actor Paul
45. Caesar's 502
46. Do some PI work: 2 wds.
47. Actress Tiffani
49. Succeeds
52. Morse Code bit
53. Toronto, in the film industry: 2 wds.
60. Helvetica, for one
61. PEI: __-__-__ó Fort Amherst National Historic Site of Canada
62. To, archaically
63. "Pink Shoe Laces" by __ Stevens
64. Isle of Scotland's Inner Hebrides
65. __ signs
66. Floral arrangement
67. Leave in, to an editor

Down
1. Loud sounds
2. Wings: Latin
3. "Roseanne" name
4. "Return to Innocence": 1994 hit for __
5. Sherwood Forest denizen: 2 wds.
6. Outline
7. "_ __ Around" by The Beach Boys
8. Olympic runner nicknamed 'The Flying Finn', Paavo __ (b.1897 - d.1973)
9. Big name in helicopters
10. Coconut fibre
11. Hole-making tools
12. Grandma
15. Pro bono TV spots
18. Instruct
21. Actress Ms. Malone
24. Rubbernecks
25. _ __ of faith
26. Comedian/actor Denis
27. Medit. Sea land
28. Silica rock
30. __ and whey
31. "Kate & __" ('80s sitcom)
32. "Another __ __ Paradise" by Phil Collins
35. Rectangular-shaped guitar legend: 2 wds.
37. Canadian journalist Mr. Nash (b.1927 - d.2014)
39. "What?"
42. Indigo dye
44. Country songstress Ms. Carter
48. Screens in Japanese decor
50. Big Apple force [acronym]
51. Hawk's spotting-prey move
53. Fine-tune
54. Not tricked: 2 wds.
55. "..._ __ you want pizza instead?" (Takeout query)
56. Mr. Redding
57. A&W __ Beer
58. Ms. Daly
59. Sun's output
60. Merriment

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	2	4	6	1	5	9	8	3
6	9	3	8	4	7	2	5	1
1	8	5	3	9	2	7	6	4
9	3	2	5	7	1	8	4	6
4	1	6	9	3	8	5	2	7
8	5	7	4	2	6	3	1	9
2	4	8	7	6	9	1	3	5
5	6	9	1	8	3	4	7	2
3	7	1	2	5	4	6	9	8

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